BEFORE YOU USE A HEALTH APP

Seeking — Does this app meet your need?

Usability — Is it easy to use?

Security — Do you need to make an account? Who can see your information? Where is the privacy policy?

Price — What is the up front cost of the app? Are there in-app purchases?

Evaluation — Read the reviews, not just the star rating.

Creator — Who made the app? Are they trustworthy? Do they have a website?

Timeliness — When was the app made? When was it last updated?